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Food for your table... Let's talk about it.

FOOD AND NUTRITION SERVICE

- U.S. DEPARTMENT OF AGRICULTURE

ABOUT THE "FOOD FOR YOUR TABLE" BOOKLET

This publication is developed for use by teachers of nutrition. It is designed for use as a flip chart or teaching aid for individuals or small groups. The suggested script for each illustration is on the page above it. County may be read as city, parish, or township.

The publication is written for county and local use. To make it truly meaningful to the people you contact, we have provided blanks within the suggested script. The number of people participating in the local program, the food items available locally, the address of the local food distribution center, and the certification information should be obtained from the local certification office and/or the local food distribution center before your first visit. You should also notice that we have added extra script material for the artwork on the front and back covers. This makes an interesting way to use the covers as you start and stop your visit. With a little practice you can easily remember the two short sections of script.

We would also like to suggest that you prepare some item that you can leave as a lasting reminder of your visit. This could be a sample recipe for USDA-donated foods, a calling card with information about yourself, or a single-sheet paper with important local information from the blanks in the FOOD FOR YOUR TABLE booklet.

(START HERE)

(AT DOOR AND USING THE COVER PAGE ARTWORK)

Hello, I am _____, and I'm from _____. Do you now receive food through the Commodity Program? No? Then, I would like to talk with you about FOOD FOR YOUR TABLE. May I come in for a few minutes? Thank you. (IN THE HOUSE AND USING NEXT ARTWORK) In _____ County there is a program that could help put FOOD ON YOUR TABLE. It is called the Commodity Distribution Program.

COMMODITY DISTRIBUTION PROGRAM



About _____ people in our county already get food for their table. The food is donated by the U.S. Department of Agriculture for people who need it.

Many more people, with families just like yours, are given food help across our country:

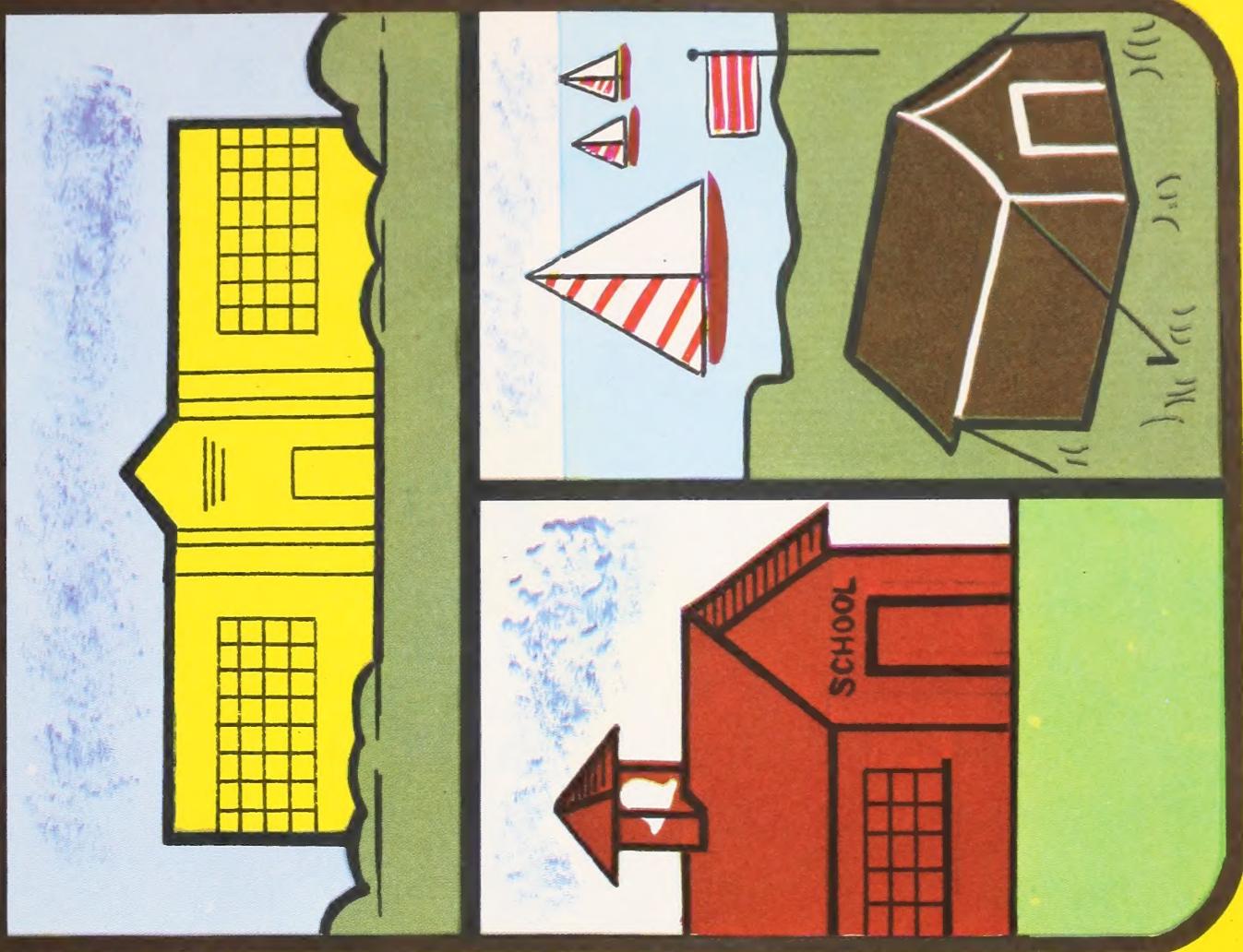
Victims of disasters . . .

Children and adults in charitable institutions . . .

Millions of school children . . .

Children in summer camps.

Here At Home



USDA Food



Food is given once a month, at one time, to each household in our county program. A family of four people gets a lot of food and larger families get quite a bit more. You take it all home to use.

FAMILY OF 4

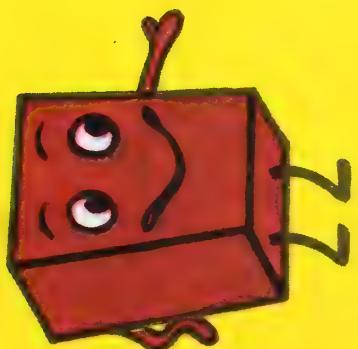
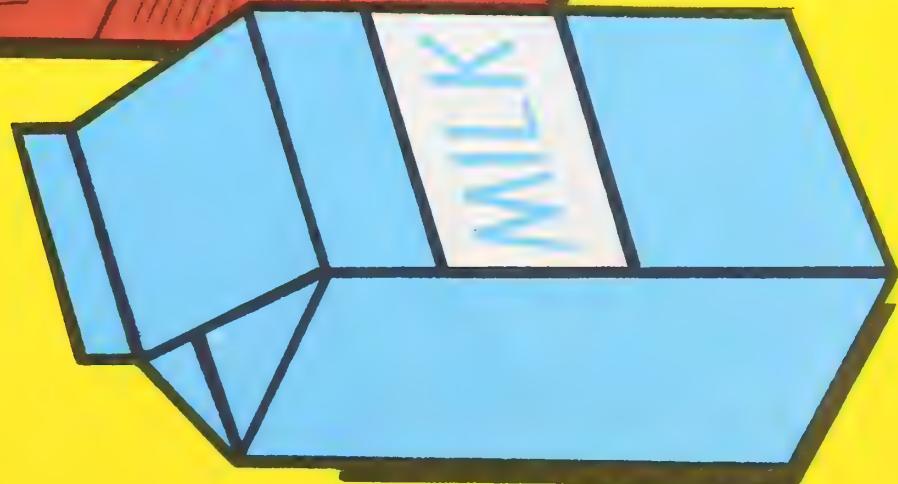
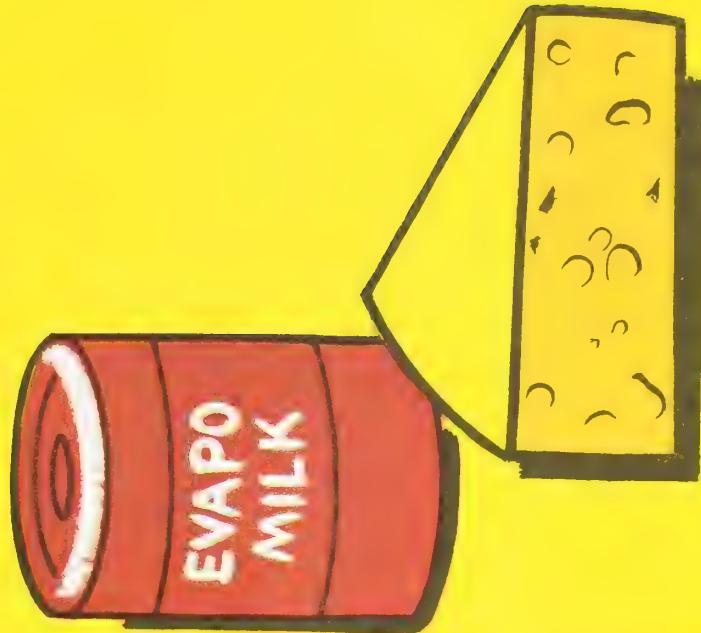


Let's talk about the kinds of food you can get for your table. They are all high quality foods. Do you know that there are four major food groups? The first group is the MILK GROUP.

In our country program the foods in the milk group include

The milk group gives us protein, calcium and vitamin A.

MILK GROUP

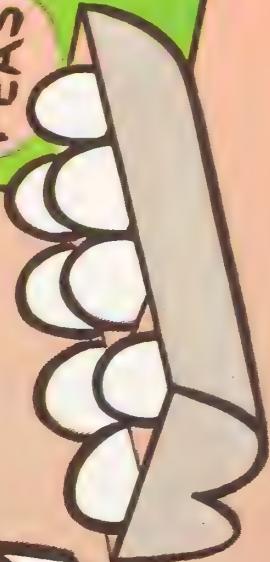
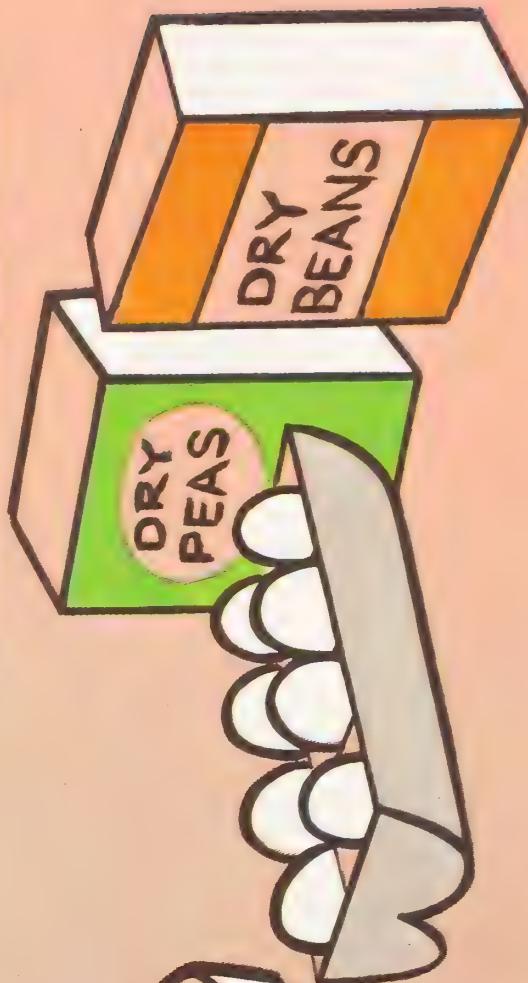
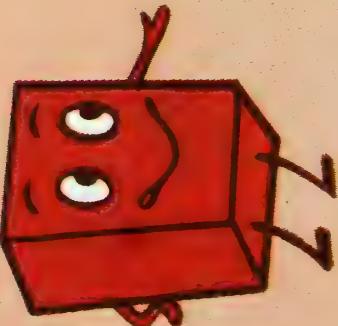


(10)

The MEAT GROUP gives us protein, iron, and B vitamins.
In this group the foods given are _____

_____.

MEAT GROUP



The VEGETABLE AND FRUIT GROUP gives us calcium, iron, and vitamins A, C, and two of the three B vitamins.

We have _____

in this food group.

VEGETABLE - FRUIT GROUP



The fourth major food group is the BREAD AND CEREAL GROUP. In these foods we get protein, iron and B vitamins.

_____ are part of the bread-cereal group given in the _____ County FOOD FOR YOUR TABLE program.

BREAD - CEREAL GROUP



There are USDA basic recipes on each food item so you will know how to cook all the food. I can help you with other recipes and cooking tips.

RECIPES

Recipes for Cooking

nywhe thbmar
ypfwhr erdycg
wdhm esmhd li
tndr vbgk fwy h
Earmh fdrh kwo
kinw pywam ga
maryk joye eaw
Hmbf gkhbz dr
chajdr. Tyrbd qy
prwhfs kaofhbs s
ehkrya bawoya
brmup awilse. K
Wbmag erwo

RECIPE

prw fs kaofhb;
eh rya bawoya
brmup awilse. Kdbys vdghfs,

Wbmag erwqp vmro gwnl uyzk
waqh udtm qpzs eocvag tyunf ka
chajdr. Tyrbd q
prwhfs kaofhb
ehkrya bawoya
wile. Erwqp
tyunf kabult

RECIPE for svdkn
STEP 1 -
prm csmhgf rahtse, ilun
vdknp tkeigh exawzt. Ch
vmwatg egyurh Fydrm

STEP 2 -
fr vbgk fwy hrdlu aoic
ph fdrh kwod r afgm
ywam garf pahtel
eawwrd jaen
kaflwu ywrhbs. Fm
udt qpzs eocvag

hrfp ywrhs:
hrfp ywrhs:
twaqh udtm qpzs eocvag tyunf
chajdr. Tyrbd svdknp tkeigh exawzt.
prwhfs kaofhb
ehkrya bawoya
brmup awilse. Kdbys
Wbmag erwqp

How to Cook

Hmbf gkhbz drhzyw radrk
wodfhg kaflwu ywrhbs. Fa
twaqh udtm qpzs eocvag
chajdr. Tyrbd qyprm csm

If you wish to have this kind of FOOD FOR YOUR TABLE,
you must first be certified to get it.

In our program you would be certified at _____

If you already receive public assistance checks, you may
get the food by making an application at _____

(Local Welfare Office or other certification center)

Do you? If not, let's look at these eligibility standards to
see if you might qualify. (Discuss)

It seems that you might. Be sure to take with you

when you apply to be certified for the program.

**CERTIFICATION
COMMODITY DISTRIBUTION PROGRAM
ELIGIBILITY STANDARDS
and Hardship Deductions**

(STATE)

HOUSEHOLD SIZE	1	2	3	4	5	6
ALLOWABLE INCOME						

HOUSEHOLD SIZE	7	8	9	10	11	12
ALLOWABLE INCOME						

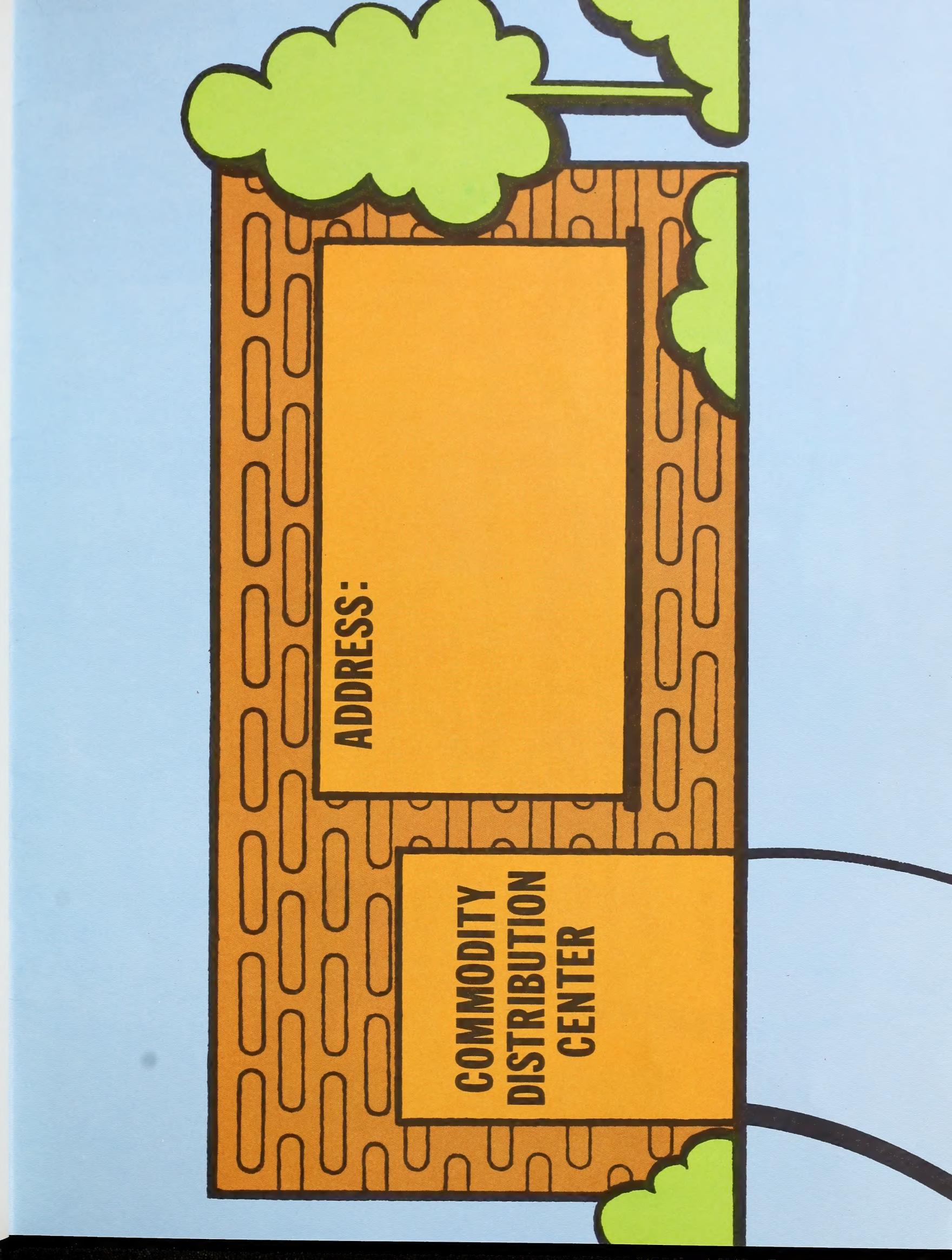
HARDSHIP DEDUCTIONS

SHELTER	MEDICAL	TRANSPORTATION	

After being certified, you would get your food at the local Food Distribution Center.

It is located at _____

The people working there will help you get the food. You will need to figure out the best way to get the food to your home. (Discuss transportation problem related to family size.)



ADDRESS:

**COMMODITY
DISTRIBUTION
CENTER**

(GETTING READY TO LEAVE AND USING NEXT ART-
WORK)

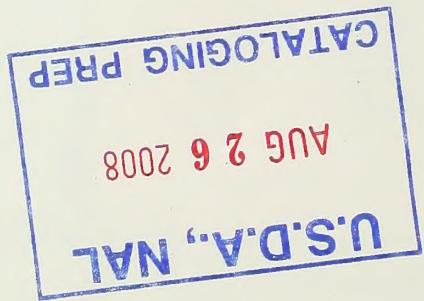
It takes quite a bit of planning to keep and use a month's supply of the FOOD FOR YOUR TABLE.

I would be happy to come back again, after you've become a part of our _____ County program that gives FOOD FOR YOUR TABLE. Then I can help you in your planning.

(AT DOOR AND USING THE BACK COVER ARTWORK)

When you want to see me again, call _____
and ask for _____
I'll have some recipes ready for you to try out with the FOOD FOR YOUR TABLE.

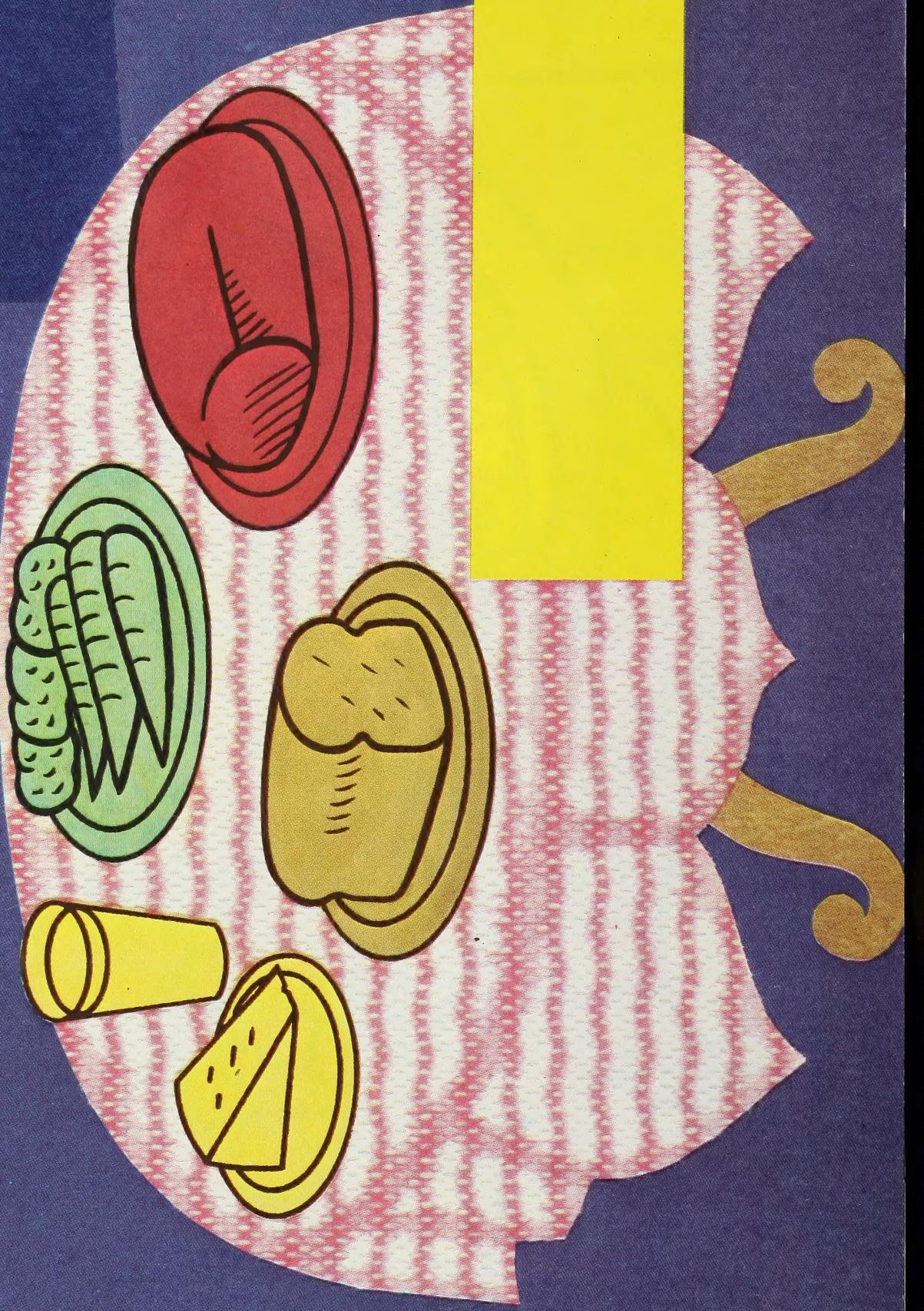
Good-bye.





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FOR YOUR TABLE



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